

Message from Margaret Ford Yoga Group Coordinator

The U3A Yoga Group in conjunction with our instructor Dave Rennie from Space to Breathe Collective have set up a Zoom online Yoga class on Wednesday mornings from 10:00 – 11:00. You can join us by clicking on the following link and following the on-screen prompts to download and run the Zoom .exe file

<https://us04web.zoom.us/j/646879285?pwd=TIVhYXJiYmk0ejRpMFZTOFY0aFNhdz09>

The classes are free, but if you wish you may make a donation to the Space to Breath Collective

at <https://spacetobreathecollective.co.uk/> there is no obligation, it is entirely voluntary. This morning we had a class of 14 who, as well as getting the benefit of the Yoga session, also had an opportunity to catch up with each other. Come and join us!